

Perceptions of Engaging with a Super-Strengths Approach in Elite Sport

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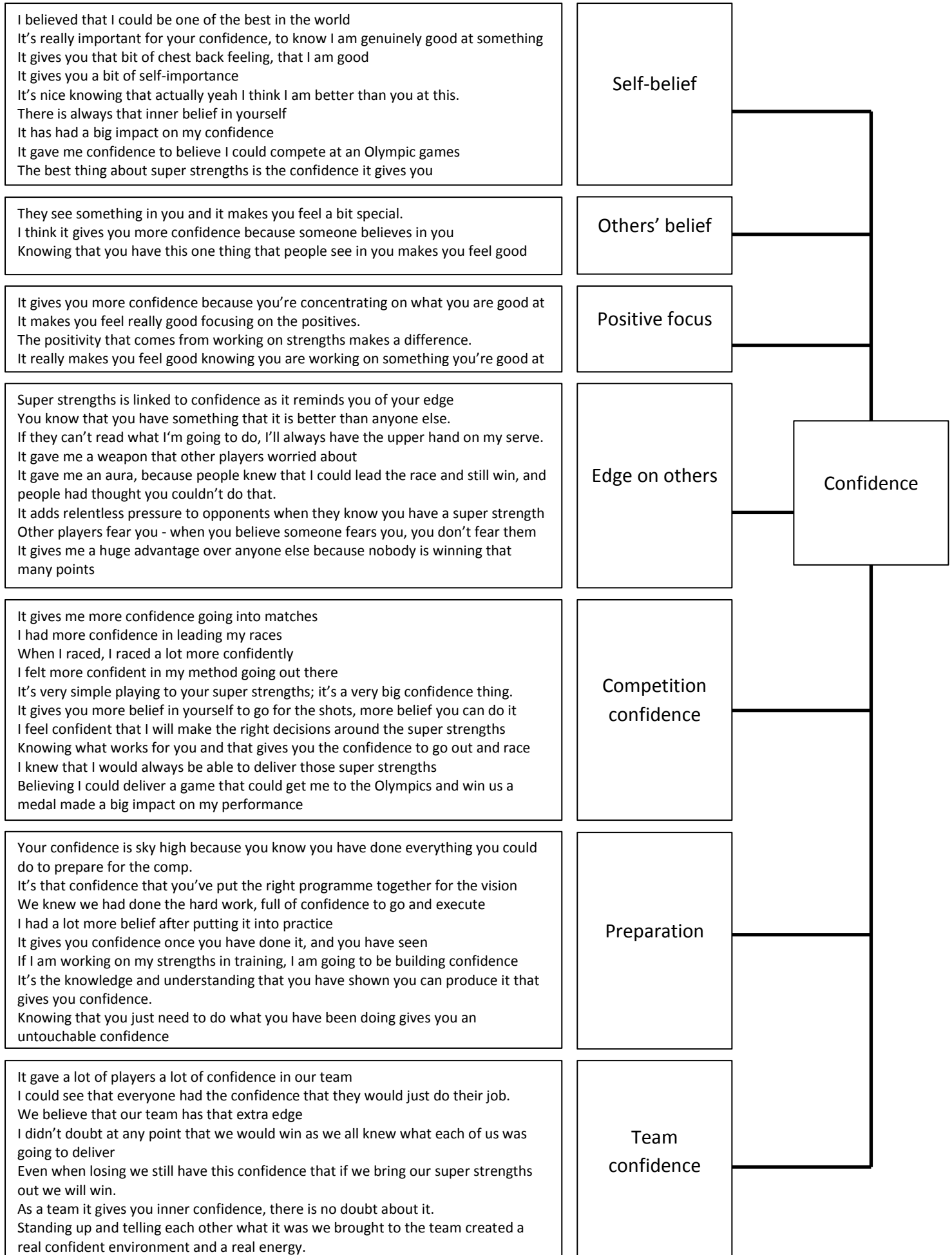
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PERCEPTIONS OF SUPER-STRENGTHS APPROACH

Raw Data Themes

Lower Order Themes

Higher Order themes



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I think there was a shift in emphasis from weaknesses to strengths
It changes where you look for improvement
It is different to the traditional way of always looking at weaknesses to get better
Traditionally we always worked on weaknesses, this was different
I think it is quite rare in sport for coaches to tell you that you are really good at this
Working on my super strength was a big change from what I was used to
It was a first for me, working on weaknesses not being the focus
It changed what I think about what we look at when trying to improve
It wasn't like what I had done before
It's very good as it gives you a new way of thinking

Mind-set shift

I am much more focused when playing games in training
It gives you more of a focus and purpose in training
You go out to training with areas you want to focus on around your super strengths
It gives you structure to your practice
There was a clear focus in training to implement my strengths in the session
It gives you a plan to work on in training

Training focus

It provides a simple strong message which is what a team needs
It can give you a clear method for performing
It helps you really establish your method for performance
It is about clear messages, clear goals and focusing
It provides a much clearer methodology about how you score your runs
It gave me a real focused game plan of what I set out to do in a match
It helps you just focus on one or a couple of things when performing
It gives you a way of focusing your game on something
It is your thing you bring to the team so you feel part of the cog in the wheel.
Everyone has a super strength and so everyone has a part to play.

Strategy for
competition

It's like a blueprint and as a team you always go back to it
It was something I could always refer to
It was something I could fall back on when the pressure was mounting
It's very easy to keep referring back to your super-strengths in performance
Whether it's going good or bad you can always go back to your super strengths.
It's something to fall back on even if your game isn't going so well
If you are having a tough time or a poor bit of form you can always go back there

Default
method

You know where you are going once you have a super strength to work on
Immediately it gives you focus and direction
I think it gives me a focus
It gives you a target, as in something you can always work towards no matter what
It gives you much more clarity than trying to improve on lots of things
It made me practice more, deliberately thinking of my way to succeed
There was a real mentality shift trying to be a bit more proactive on the court
I think it just gives you a clear focus, knowing what you are going to work on.
It gives you focus and direction for improving

Goal direction

Clarity of
purpose

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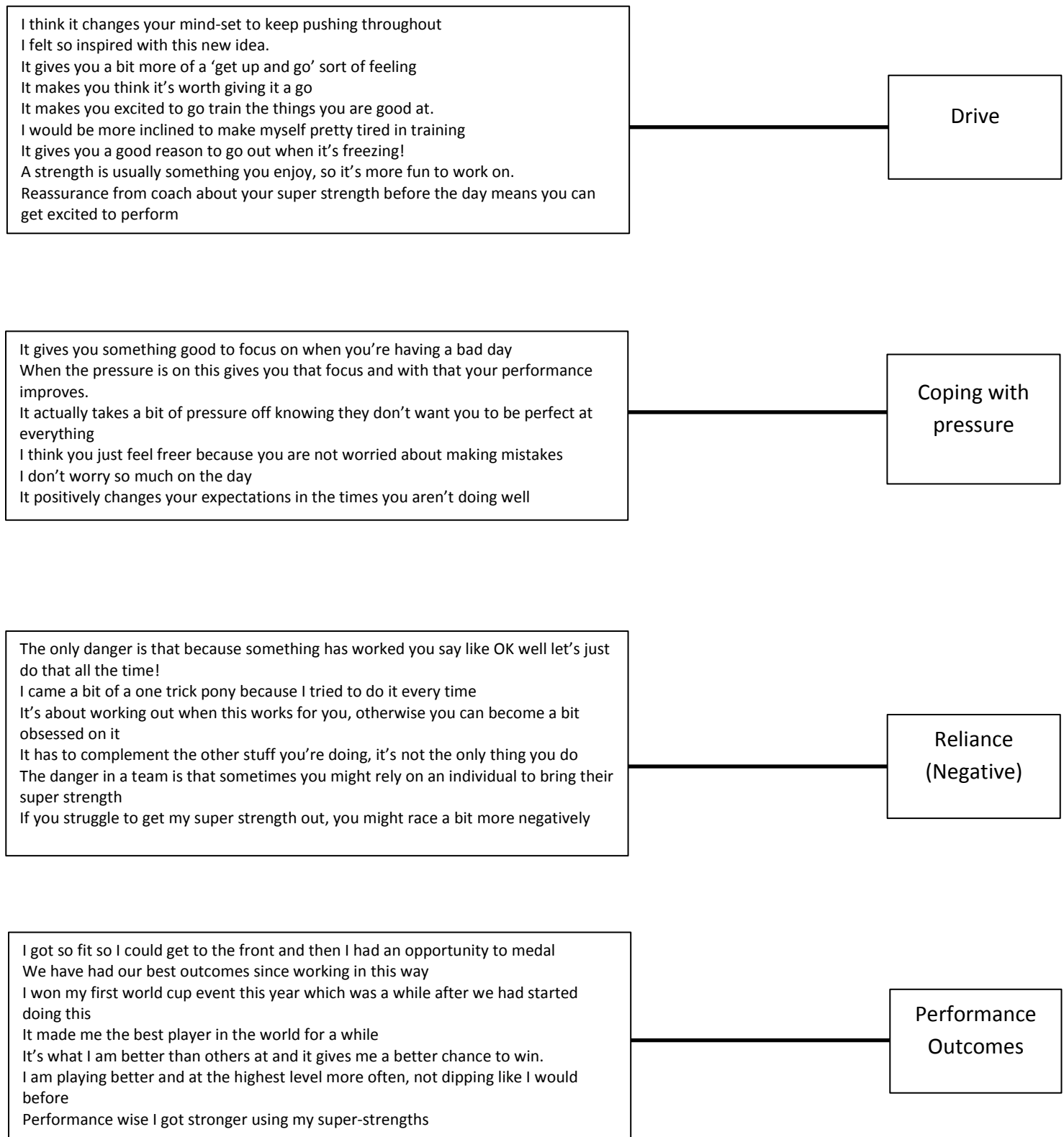


Figure 1. Higher-order, lower-order and raw data themes representing athletes' perceptions of the effects of the super-strengths approach.